

# Senior Echoes

Western Montana Area VI Agency on Aging

Serving Seniors in Western Montana  
110 Main Street, #5, Polson, MT 59860  
406-883-7284 or 1-800-551-3191

www.westernmontanaagingservices.org February, 2011



## MEDICARE DEADLINES FOR 2011

The deadline for replacing your Medicare Advantage plan or your prescription drug plan that discontinued coverage in your area has been extended until February 28, 2011. You must act before that date or you will not have another chance to enroll until next fall.

Several Medicare Advantage plans and a few Prescription Drug plans did not renew their contract with Medicare and are no longer offering insurance in some areas. Letters went out to beneficiaries advising them that they need to choose another plan but many have not done it yet.

If you were on one of the Medicare Advantage plans that withdrew, there are still at least three plans available in our area. You can contact Medicare at 1-800-633-4227 or the Agency on Aging at 1-800-551-3191, 1-800-266-4188 or 883-7284. You have the option of changing to a new Medicare Advantage plan with prescription drug coverage, or changing to original Medicare and a prescription drug plan and you may choose to enroll in a supplemental plan to help with Original Medicare deductibles and co-payments.

If you were in one of the prescription drug plans that withdrew from Medicare your only choice is to enroll in another drug plan. Again, you can call 1-800-633-4227 or the Agency on Aging at 1-800-551-3191, 1-800-26-4188 or 883-7284. We can do a comparison to help you with your choices.

Open enrollment for original Medicare begins January 1 and ends March 31 for people who have been eligible for Medicare and did not enroll. Your coverage will not begin until July 1, 2011.

## BIG SKY RX AXED

On January 25th, the Joint Appropriations Committee for Human Services failed to pass a budget resolution that would have continued Montana's Big Sky RX Program. Nearly 11,000 Low Income Montana Seniors will be negatively impacted by this decision.

Seniors who were able to apply for Part D RX prescription drug programs due to Big Sky RX helping pay their premiums will, in all probability, lose their Drug coverage as of the new state budget year which begins July 1, 2011.

Although the Governor's proposed 2012/13 budget continued funding BIG SKY RX, a decision by the Legislative Leadership to cut their beginning point for the next biennium's budget to 95% of the Governors budget eliminated BIG SKY RX.

Now it is up to you, as advocates, to convince your legislators to include BIG SKY RX program funding in the 2012/2013 state budgets.

### IN THIS ISSUE

Budget Information	2
Foster Grandparents	3
Case Management Cuts	4
SMP	5
RSVP	6
Ombudsman	7
Caregiver Notes	8
Bits and Pieces	9
Sanders Co Resources	10

## State Funding Reductions Drastic Next Year

Planned cuts in state funding will have a severe impact beginning in July 2011. The DPHHS/SLTC budget, as submitted by the Governor, contains cuts that will be devastating to service providers and will eliminate many senior citizens ability to remain in their own homes.

The proposed budgets exclude at least \$3 million of funding that has been used by the Aging Network in Montana to provide services over the past four years. The 2007 legislature appropriated \$3 million new funding for the biennium in response to the Area Agencies on Aging request that documented a need for \$10 million new funds to meet current demand for services at that time. The 2009 legislature recognized the continued need for services keeping Montana's senior citizens in their homes and, once again, appropriated funding to maintain service levels. Unfortunately, instead of again using state general funding as a resource they chose to use ARRA – American Recovery and Reinvestment Act (Federal Stimulus Act) **one time funding**.

Based upon requirements of Governors Budget office, **NO** funding for services provided as part of the FY2010 budgets from stimulus (ARRA) funding could be included in the new budget proposals submitted by the departments. Therefore, the \$1.5 million per year used by Area Agencies on Aging, County Councils, Senior Centers and other providers for the past four years (Area VI - \$129,891), as well as other state funding, has been cut from departmental budgets. The word is that additional cuts in state funding include \$188,241 funding for wage increases (Area VI - \$16,301) and \$242,500 of Federal Funds earmarked for Congregate and Home Delivered Nutrition (Area VI - \$22,166).

**Within Area VI these cuts will, in all probability, eliminate at least 20% of the funding currently used by our senior centers for congregate and home delivered nutrition programs. In addition, in-home and access services such as transportation, homemaker, homechore, respite care, case management, volunteer opportunities provided through RSVP and FosterGrandparent programs, Long-Term Care Ombudsman & Information & Assistance services will all be cut from 10 to 30%. The loss of the \$168,000+ per year we have received from this funding also eliminates increases previously required to be used for salary increases by our providers.**

**Unless the Montana legislature once again is convinced of the real need of our seniors for services and appropriates new state general funds the service level cuts could be devastating. Please talk to your legislators about the current need as well as the increased demand expected due to a potential 25% increase in the numbers of elderly people in Montana.**

### **Contact your legislature:**

- **telephone** at 406-444-4800 to leave a message
- **by Fax** at 406-444-4825 for the house or 406-444-4875 for the Senate
- **by mail** at PO Box 200400 for the House or PO Box 200500 for the Senate
- or by using an **on line message form** at the following link:
- <http://leg.mt.gov/css/sessions/62nd/legwebmessage.asp>

Submitted by Duane Lutke, Director, Area VI Agency on Aging

# Western Montana Area VI Agency on Aging Foster Grandparent Program

Cheryl Ann Weatherell, Director

110 Main Street, Suite 5

Polson, Mt 59860

1-800-266-4188 or 406-883-7284

Fax 406-883-7363



Foster  
Grandparent  
program

## **FOSTER GRANDPARENT VOLUNTEERS NEEDED NOW !**

Foster Grandparents provide love and wisdom for children and youth in community sites such as child care centers, preschools and schools. They complement the work of staff by helping children build self-esteem, social, behavioral and academic skills. Foster Grandparents must be 55 years of age or over, meet income eligibility requirements, be physically able to work with children and be willing to serve a minimum of 15 hours a week. Foster Grandparents receive a small, non-taxable stipend of \$2.65 per hour, which by Federal law does not effect rent calculations or other benefits. Other program benefits include travel reimbursement, recognition events, training, and a meal at some volunteer sites. Most importantly, Foster Grandparents receive the satisfaction of knowing they made a difference in the life of a child. **Prior experience is not required. . . only a big heart!** **Contact us today! 883-7284 or 1-800-266-4188. We have immediate openings for Foster Grandparent volunteers in Stevensville, Polson and Hamilton. Call us today!**

## **MEMORIAL DONATIONS**

Special people deserve special gifts. Why not remember a special person in your life by making a donation to the Foster Grandparent Program in their honor. In the spirit of giving, consider sharing your commitment to improving the lives of children and seniors in your community with a Memorial Donation. All memorials will be listed in this newsletter.

## **FOSTER GRANDPARENT NEWS**

Despite the weather, 60 Foster Grandparent volunteers and their sponsoring work stations attended the annual volunteer recognition luncheon on November 17th. The Polson Elks Lodge graciously donated the use of their facility for this event and we thank them. Presidential Service Awards for volunteer time served were given out to volunteers and all were recognized for the hours they have donated to serve at-risk children in our area. The Foster Grandparent Program set up a booth at the Salish Kootenai College Diversity fair for Martin Luther King Day in January. Children were taught the importance of hand washing and had fun eliminating "pretend germs" from their hands, that only the purple light could find. Teachers told us it was the best booth at the Fair.

**On A Sad Note:** We lost Grandma Claudia Brazington of Libby, MT. She died unexpectedly at her home in January. She was serving at the Kootenai Valley Christian School in Libby and just loved it. We send our condolences to Claudia's family.

AN EQUAL OPPORTUNITY EMPLOYER  
SERVING SENIOR CITIZENS OF FLATHEAD, LAKE, LINCOLN, MINERAL, RAVALLI, SANDERS COUNTIES  
AND THE FLATHEAD RESERVATION

# Legislature Cuts Medicaid Home Based Services

With over 400 Montanan's currently eligible and on waiting lists for Medicaid Home Based Services, Montana's Governor proposed a Medicaid budget for the next biennium that erases at least 78 slots for services to elderly Montanan's. In addition, several hundred thousand dollars to pay for the services needed by these clients has been cut from previous years funding in the base budget adopted by the legislature for the next biennium. The Medicaid Waiver Program allows elderly whose level of care would qualify them to enter a nursing home to receive services while remaining at home. In most instances overall costs per resident are less than it would cost Medicaid to keep the same person in a nursing home. Residents are monitored by Case Management Teams, including a social worker and nurse, who develop a plan of care in conjunction with the resident's physician.

For Area VI's Team this means a loss of almost \$100,000 in services funding and potential for 4 or more client positions (not including our potential slots from the 78 above) that will not receive services in their homes. The 75 plus persons on our waiting lists will not have the choice of staying at home instead of entering a nursing facility. Unfortunately this often means leaving their community and informal supports of family and friends to access a nursing home willing to accept them as a resident.

Contact your legislators and ask them to support Home & Community Based Services funding by eliminating the proposed cuts in services.

Legislators may be contacted **by:**

- **telephone** at 406-444-4800 to leave a message
- **by Fax** at 406-444-4825 for the house or 406-444-4875 for the Senate
- **by mail** at PO Box 200400 for the House or PO Box 200500 for the Senate
- or by using an **on line message form** at the following link:
- <http://leg.mt.gov/css/sessions/62nd/legwebmessage.asp>

## POWERFUL TOOLS FOR CAREGIVERS

**Do you care for an older relative or friend?** Caregiving is an enormous task that can take a toll on a person's physical, emotional, social and financial health. One problem that caregivers frequently experience is trying to "do it all and do it alone". This often results in the caregiver neglecting to take care of themselves. It is important that the caregiver receive respite care which allows them a break from the daily routine of caring for their loved one.

**POWERFUL TOOLS FOR CAREGIVERS** classes will give you the tools to:

- help you reduce stress,
- take care of yourself
- help you relax
- make tough decisions
- communicate more effectively with other family members, doctors and paid help
- set goals and problem-solve

Each class member will receive a book covering such topics as hiring in-home help, helping memory-impaired elders, making legal and financial decisions, understanding depression, making decisions about driving and making decisions about care facility placement.

**Classes will be offered in Sanders, Mineral and Lincoln counties in the near future.**

**Contact Ophie Keene at 1-800-266-4183 or 883-7284.** A \$25.00 donation to cover supplies would be appreciated but lack of the donation will not keep you from enrolling in a class.



# 'care share

## Checking Medicare claims through 1-800-MEDICARE

### 1-800-MEDICARE Automated Phone System

The automated phone system is a way for you to get information about any of your Original Medicare claims that have been processed in the past 12 months without having to speak to a customer service representative. It's as simple as calling 1-800-MEDICARE (1-800-633-4227) and entering a few key pieces of information.

Enter your Medicare number by clearly speaking the numbers and letters or by using the telephone keypad.

At the main menu, say "Claims" or "Billing."

Respond "Yes" to the question, "Would you like information on claims that Medicare has processed?"

Confirm your identity by providing your last name, date of birth, last 4 digits of your Social Security number, or the effective date of your Medicare coverage.

Say the year that you want to check.

Say the month that you want to check.

If there are claims found in that time period, you'll hear a listing of the five most recent claims.

If there are no claims found in that time period, you can say "New Search" and enter a new month and year. Note: You can only do 3 searches per phone call. If you need to do more than 3 searches, you can hang up and call again, or stay on the line and speak to a customer service representative.

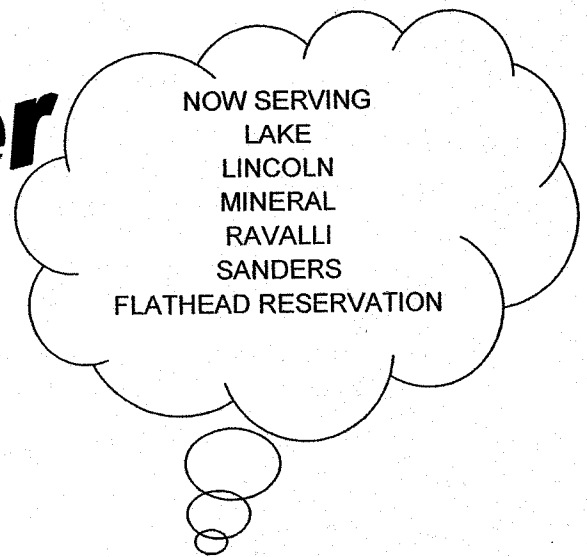
## **Social Security & Other Federal Checks Must Be Direct Deposited**

With some exceptions, if a client applies for federal benefits on or after May 1, 2011, they must receive all checks through direct deposit. A final regulation by the Department of the Treasury will phase out paper checks for non-tax federal disbursements. This regulation will apply to benefit checks from the Social Security Administration and SSI, Veterans Affairs, Railroad Retirement, Office of Personnel Management (federal employees/retirees) or Department of Labor (Black Lung). The new regulation goes into effect May 1, 2011. The effective date will be deferred until March 1, 2013 for individuals who receive benefits by check on May 1, 2011 and for those who file a claim for benefits before May 1, 2011 and request payment by check when they file. For those who do not have a bank account the deposit will be made to a Direct Express debit card operated by Comerica Bank. The new rule contains an automatic waiver for persons born before May 1, 1921 who are receiving payments by paper check until March 1, 2013. The requirement is also waived for payments not eligible for payment to a Direct Express card and for individuals whose Direct Express card has been suspended or cancelled. Other waivers may apply. Call the Social Security toll free number 1-800-772-1213 for more information.

# RSVP

## Volunteer Center

Lead With Experience



### Want to get Involved and Make a Difference

*Lots is happening at RSVP*

- We are working with schools in all counties to make CHILD ID'S
- Volunteers in Ravalli County are running a RECYCLING DROP OFF
- Volunteers in Lake and Ravalli County are working with Adult Protective Services to do SAFETY CHECKS of those with state guardians
- Lake County is getting ready to launch a VISITATION program to provide company for those living alone
- All counties need volunteers to work with children on READING SKILLS

*Call if you would like to get involved with any of these projects*

883-7284 (Lake, Sanders) : 363-1102 (Ravalli, Lincoln) : 822-4800 (Mineral)

Can't volunteer at this time, but you'd like to help in some way.

Many of our volunteers can't afford to volunteer without help to buy gas for getting to their volunteer assignment. Your donation will go exclusively to help defray the cost of gas for a volunteer. Please consider helping those who are making a difference in your community by sending a tax deductible donation to:

RSVP, 110 Main Street, Suite 5, Polson, Mt 59860

Donation amount \$50 \_\_\_\_ \$25 \_\_\_\_ \$10 \_\_\_\_ other \_\_\_\_

**VISIT OUR WEBSITE**

**WWW. RSVP Montana.org**

# LONG TERM CARE OMBUDSMAN NEWS

## Drug Misuse Common in Nursing Homes, Often on Dementia Patients

As more of the elderly crowd into nursing homes, a new report from **Consumer Reports** finds **risky drugs are being misused to sedate patients**.

Sales of so-called atypical antipsychotics have been rising steadily from \$8.4 billion in 2003 to \$14.6 billion in 2009 -- outperforming sales for drugs to treat such common conditions as depression, heartburn, high cholesterol and hypertension. "Our analysis indicates that the use of these drugs in confused or demented patients in nursing homes is usually not warranted," said Dr. John Santa, M.P.H., director of the Consumer Reports Health Ratings Center. "The benefits are fairly limited and risks are significant, especially in this population. Once again, we have an all too painful illustration of the pharmaceutical drug industry's blockbuster drug model seeking out inappropriate and risky uses for their drugs." The authors of the report analyzed scores of studies on the use of atypical antipsychotics, officially approved by the Food and Drug Administration (FDA) to treat bipolar disorder and schizophrenia, but frequently used "off-label" to control agitation, aggression, hallucinations, and other symptoms in elderly patients with Alzheimer's disease or other forms of dementia. There are no FDA-approved drugs for these uses, but doctors can legally prescribe any drug they deem appropriate. However, these medications pose significant, increased risks -- including diabetes, sudden cardiac death, movement disorders, pneumonia, stroke, and weight gain -- especially to older people. During a three-month period in 2010, 26% of nursing home residents received antipsychotics, according to recent data collected by the Department of Health & Human Services. Furthermore, research suggests that behavioral interventions, the treatment of choice, are employed minimally, if at all, in some nursing homes. "This is a warning to spouses, adult children, and other family members of nursing home patients that potent drugs are being used to manage these patients, exposing them to very serious risks. It's up to all concerned -- from the family to the front line care givers in the nursing home to the physicians -- to try alternative measures to decrease the need for these potent drugs," said Santa. Such alternatives include the use of music, massage, reviewing family photo albums, frequent phone conversations with family members, distraction techniques, and medications approved to slow cognitive decline in dementia or some of the newer antidepressants. Black box warnings from the FDA have been landing in doctors' mailboxes for more than five years, warning that powerful atypical antipsychotics can pose serious health risks, including increased risk of death. The warnings, which began in 2005, were prompted by evidence that the rate of death in elderly dementia patients who received antipsychotics was about 4.5% during the course of a 10-week controlled trial, compared to about 2.6% in the placebo group, according to FDA estimates. According to the report, there are several steps that consumers can take to avoid antipsychotic misuse in nursing homes:

- Reserve your rights. When a patient is admitted to a nursing home, the family typically signs a form granting permission to provide necessary care, including medication.
- Family members who sign the permission should clearly note that if the facility is considering the use of an antipsychotic, to please inform the family first. If a nursing home won't honor that request, then that's a red flag.
- Offer to help. Some families report feeling pressured by nursing homes to consent to an antipsychotic on behalf of a newly admitted patient. If a facility refuses to care for the patient without the use of a major sedative, then the family might offer to help by asking if they can come in and stay for a while until the patient is settled. Again, if the nursing home resists, it might be another red flag.
- Stay informed. If the person being cared for requires an antipsychotic, follow treatment details by attending the nursing home's quarterly team meetings, to which a relative is normally invited. That can provide a good opportunity to ask if the patient is being monitored for side effects and taking the lowest possible dosage, which is optimal. Family members can also ask to speak to the manager or ask to be notified when the doctor will be making rounds at the home.

(Article courtesy of [ConsumerAffairs.com](http://ConsumerAffairs.com))

# CAREGIVER NOTES

## Caregivers Lifeline

At some point we've heard the phrase "I've fallen and I can't get up." This keynote phrase first appeared in an advertisement for a service to help elderly or infirm people get emergency help without having to get to the phone. Today, a number of companies offer the Personal Emergency Response System (PERS), which can be a tremendous help to caregivers and loved ones.

Each system has slightly different features, but they operate on the same principle. The handheld remote has a radio transmitter. When the button is pushed, it connects with a companion unit that is tied into a land line phone. The signal comes up at a facility, and trained staff dispatch appropriate assistance.

This type of system requires patient cooperation. Your loved one must be able to understand the purpose of it and how to use it. If your loved one has trouble acclimating to "gadgets" or has trouble learning new tasks, this system may be too much of a challenge for them. However, because of its simplicity, someone with mild learning hurdles can be successful in using it.

For caregivers, knowing that their loved one has autonomy in moving about the home while still being able to call for help can be a stress reliever.

The company you select will have different service options and commensurate pricing. When selecting a company, caregivers can "build" a plan that meets their needs.

Before calling and researching, do a little "dreaming" about the ideal plan. You may know your budget limitations, but don't cut costs unnecessarily. Make a list of the various options that will put your mind at rest.

Examples of options are:

Prescription reminders

Nationwide and local service

Advanced options on the companion unit (like automatic dialing)

Two-way voice communication

### CONSIDER YOURSELF AND OTHERS

If you have more than one family member who would benefit from a PERS, inquire about discounts as well as service options. You may need more than one land line for each unit, which will change your costs. Discuss the possibilities with your phone provider since some land lines can be set up for outgoing calls only.

Caregivers with health concerns may want to take advantage of a PERS device.

As a caregiver, if your loved one is unable to help in an emergency, you can consider a PERS for your own use. Some units are programmable to notify a specific party such as a family member or local 911, bypassing the telecare provider. If your loved one is able to communicate in an emergency situation, they can activate their own unit and get help if you need it. However, it's important to factor in how your loved one responds under stress.

Contact our office for more information about who to contact at 1-800-266-4188 or 883-7284.

## MONTANA LIFESPAN RESPITE SUMMIT

**March 9, 2011, 9:30 am to 4:30 pm, Great Northern Best Western in Helena**

This is a coordinated system of accessible community-based respite care services for family caregivers of children or adults with special needs. This Summit will benefit representatives from state agencies, statewide organizations, community groups, respite providers and family caregivers. This will be a working meeting to plan for a grant application.

For more information, contact: Doug Blakley, Aging Services/DPHHS at 1-800-332-2272

**Register for the Summit at <http://www.arch.memberlodge.org/StateSummit>**

Hosted by the Department of Health and Human Services



# *Bits and Pieces*

## **Arlee Senior Center Had The Christmas Spirit**

The Arlee Senior Center hosted a Christmas dinner on Christmas day to benefit the Nutrition Program. The menu was traditional turkey and dressing dinner and cost for the meal was \$4.50 for those over 60 and \$5.00 for those under 60. A few center members subsidized the cost of the meals for 17 beneficiaries who receive commodities. An invitation and coupon was mailed to the 17 beneficiaries. Five recipients came to lunch with the coupons and the center served about 60 people. It has been suggested that the Senior Center members be offered the opportunity to subsidize meals for other holidays as well.

## **WELCOME TO LORRI LENZ**

Hello, My name is Lorri Lenz and I am the newest addition to Western Montana Area VI Agency on Aging here in Polson. My main role here is to do benefit enrollment check ups for low income, elderly and disabled residents. My husband and I moved to Lake County from Philipsburg, MT in 2009 where he continues his career in law enforcement as a detective for the Lake County Sheriff's Office. While in Philipsburg, I worked as dental assistant for three years for Dr. Richard Miller in Anaconda and I continue to be "keeper of the books" for the Sapphire Gallery and Sweet Palace in Philipsburg, as I have done for the last seventeen years. We have two awesome children attending school here in Polson and loving it. We have enjoyed the move immensely! I look forward to serving this community as well as Lincoln, Sanders, and Mineral counties.

## **WHAT IS A BENEFITS ENROLLMENT CENTER?**

If you are 65 or older or disabled we can do a benefits checkup for you. The checkup will give you information on a wide variety of programs you may be eligible for such as help paying Medicare Part A, B and D (and in some instances, co-payments and deductibles) commodities, state property tax relief, assistance with prescriptions, home delivered meals, energy costs and more. The Area VI Agency on Aging now has a staff member (Lorri) dedicated to doing benefits checkups for clients. Call and make an appointment with her. You may be surprised at how much assistance you can receive to make your money go farther and your life more comfortable. **1-800-551-3191 or 883-7284**

## **AARP TAX-Aide Overview and Information Access**

AARP Tax-Aide is the nation's largest free, volunteer-run tax assistance and preparation service. It is available to taxpayers with low to moderate income, with special attention to those age 60 and older. The services are available from early January to mid April and you do not have to be an AARP member to get assistance. Volunteers are trained to assist with the 1040 tax form and schedules A, B, C-EZ, E and EIC. If your tax return is more complex you should get paid assistance.

You can get the AARP tax assistance at the following locations:

- Polson Senior Center, 883-4735
- St. Ignatius Senior Center, 745-4462
- Mission Valley Senior Center in Ronan, 676-2371
- Libby Senior Center, 293-7222
- Hot Springs Senior Center, 741-2344
- Thompson Falls Senior Center, 871-7246

You can also go to [www.aarp.org/applications/VMISLocator/searchTaxAideLocations.action](http://www.aarp.org/applications/VMISLocator/searchTaxAideLocations.action) and enter your county or zip code to find other locations.

## **SANDERS COUNTY RESOURCES**

**Western MT Area VI Agency on Aging, Duane Lutke, Director, 1-800-551-3191**

### **INFORMATION AND ASSISTANCE**

Tammy Walston-Area VI Agency I & A Coordinator 800-551-3191 or 883-7284  
Nancy Jo Howarth-Sanders County I & A Technician 800-551-3191 or 847-2767

### **LONG TERM CARE OMBUDSMAN**

Traci Clark-Assistant State Long Term Care Ombudsman, Helena, MT 800-332-2272  
Vanessa Fitchett-Regional Ombudsman, Polson, MT 883-7284 or 800-551-3191

### **CAREGIVER SUPPORT GROUPS**

Joyce Schmitz-Area VI Agency Coordinator 800-551-3191 or 883-7284

### **CASE MANAGEMENT**

John Freemole- Area VI Agency on Aging Case Management 800-551-3191 or 883-7284

### **HEALTH SERVICES**

Bull River Medical Clinic-1027 Hwy. 200 W, Noxon, MT 59853 847-2100 or 847-8780  
Clark Fork Valley Hospital & Family Practice-Kruger Road, Plains, MT 826-4800  
Thompson Falls Family Medicine & Physical Therapy, 120 Pond St, Thompson Falls, MT 827-4442  
Hot Springs Family Medicine & Physical Therapy, 209 Main St, Hot Springs, MT 741-3602  
Dr. Randy J. Lovell, D.O., 907 Main, Thompson Falls, MT 827-4307

### **HOSPITAL/HOME HEALTH/HOSPICE**

A Full Life Agency (serving Sanders County) 826-1025  
A Plus Health Care (serving Sanders County) 755-4968  
Clark Fork Valley Hospital, 110 Kruger Rd, Plains, MT —Dr. Gregory Hanson, 826-3601 or 826-4800  
Home Health & Hospice-Janet Gates 826-4873  
Clark Fork Valley Home Health & Hospice - Lisa Talcott, social worker 826-4873  
Respite—Sanders County Council on Aging 800-246-5899 or 741-2343

### **LICENSED NURSING HOMES**

Clark Fork Valley Nursing Home—10 Kruger Rd, Plains, MT 59859 800-826-3601 or 826-4873  
Dr. Gregory Hanson, Administrator  
Evergreen Health & Rehabilitation—600 1st Ave N, Hot Springs, MT 59845 741-2992  
Scott Wheeler, Administrator

### **LICENSED ADULT FOSTER CARE/PERSONAL CARE HOMES (Assisted Living)**

Cherry Hills Assisted Living, 214 Church, Thompson Falls, MT 827-1272  
Grace Filled Living, 62 Foothill Lane, Plains, MT 826-8000

### **PUBLIC HEALTH**

Sanders County Public Health Department—Cindy Morgan 827-6931

### **SANDERS COUNTY COUNCIL ON AGING**

Gwen Hanson, Director PO Box 339, Hot Springs, MT 59845 800-246-5899 or 741-2343

### **TRANSPORTATION**

Sanders County Public Transportation, Mary Ann Foster, Coordinator 800-246-5899 or 741-2346  
CSKT Transit, Pablo—serving all residents of Flathead Reservation 675-2700 ext 1030 or 1360

### **SANDERS COUNTY SENIOR CITIZEN CENTERS & NUTRITIONAL MEAL LOCATIONS**

**(Congregate & Home delivered meals. Call for days & times)**

Camas Hot Springs Senior Center, 101 Main St, Hot Springs, MT 59845 741-2344

Hot Springs Tribal Center, Hot Springs, MT 59845	741-3265
Dixon Senior Center, 3rd St. W, Dixon, MT 59831	246-3310
Heron Senior Center, Railroad Ave., Heron, MT 59844	847-2520
Noxon Senior Center, 207 2nd St, Noxon, MT 59853	847-6000
Plains/Paradise Senior Center, 205 Meany St, Plains, MT 59859	826-3018
Thompson Falls Senior Center, 1191 Mt. Silcox Rd, Thompson Falls, MT 59873	827-3457
Trout Creek Senior Center, Larch Street, Trout Creek, MT 59874	827-4461

### **SENIOR CITIZEN & COMMUNITY SUBSIDIZED HOUSING**

Mountain House—Thompson Falls	827-4663
Saleesh House, Thompson Falls	827-4663
Teddy Roosevelt House—Trout Creek	827-4663
Clark Fork Apartments—Plains	827-3606
Lions Manor—Thompson Falls	827-3115
Whispering Pines—Trout Creek	827-0543
Sanders County Housing Authority	847-2294

### **VOUNTEER OPPORTUNITIES**

SMP (Preventing Medicare waste, fraud and abuse)	800-551-3191 or 883-7284
Foster Grandparent Program (FGP), Cheryl Weatherall, Director	800-551-3191 or 883-7284
State Health Insurance Assistance Program (SHIP)	800-551-3191 or 847-2767
RSVP (Retired Senior Volunteer Program)	800-551-3191 or 883-7284

### **SOCIAL AND HUMAN SERVICES**

AARP Consumer Affairs Division (Complaints or questions re: telemarketing)	444-9405
AARP-State Director	441-2277
Adult Protective Services-Kate Huntsberger	800-318-8865 or 293-3757
Alcohol & Drug Center-Plains	826-3604
Alcohol & Drug Services-Sanders County	827-4241
Cancer Network of Sanders County-Joyce Dougan, 826-4278 or Nancy Jo Howarth	847-2767
Citizens Advocate —Helena	800-332-2272
Family Violence Hotline-Plains	800-265-0415 or 7585433
Fuel Assistance-Community Action Partnership of NW Mt	800-344-5979 or 827-3472
Insurance Commissioner-State of Montana	800-332-6148
Medicaid Information	800-362-8312
Medicare Information	800-633-4227
Montana Home Health Hot Line	800-762-4618
Montana Veterans Continuing Care Center—Whitefish	406-892-3256
National Alzheimer's Information & Referral	800-272-3900
Office of Public Assistance	827-4395
Sanders County Coalition For Families-Elder Abuse	827-3218
Sanders County Community Development Corporation—Steve Simonson	827-6935
Sanders County Community Mental Health	827-4377
Social Security Administration-National toll free number	800-772-1213
Travel Free Rooms—Long Distance Vets-Spokane	800-274-6025
Veteran State Administration	800-827-1000
Veterans Administration-Fort Harrison general information	442-6410
Veterans Health and Benefits Service	877-222-8387
Weatherization	888-750-7360

Western Montana Area VI Agency on Aging

110 Main Street, #5

Polson, MT 59860

Phone: 406-883-7284

1-800-551-3191 or 1-800-266-4188

Fax: 406-883-7363

Email: [info@area6aging.org](mailto:info@area6aging.org)

Web Site: [www.westernmontanaagingservices.org](http://www.westernmontanaagingservices.org)

NONPROFIT  
CORPORATION  
U.S. POSTAGE PAID  
POLSON, MONTANA  
PERMIT #268

CHANGE SERVICE REQUESTED

**Western Montana Area VI Agency on Aging**

**Aging Service Help line: 1-800-551-3191 or 406-883-7284 or 1-800-266-4188**

**Information & Assistance**

Advance Directives, Attorney Referral, Caregiver Options, Estate Planning, Housing,  
Home Maintenance, In-home Services, Long Term Care Planning, Nutritional Meals,  
Retirement Issues, Reverse Mortgages, Transportation  
Medicare/Supplemental Insurance, Commodity Supplemental Foods Program

**Long Term Care Ombudsman Service**

Ombudsman help residents of nursing homes, transitional care units and  
personal care facilities understand and exercise their rights to good care.

**Case Management**

Home & Community Based Services (Medicaid Waiver)- Medicaid & Case Management  
(Also serving residents in Ravalli County)

**Volunteer Services**

Preventing Medicare Fraud (SMP), State Health Insurance Program (SHIP),  
Foster Grandparent Program (FGP), Retired & Senior Volunteer Program (RSVP)